

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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www.FrederickCountyMD.gov/seniorservices Facebook: [Urbana Senior Center – Frederick County, MD](#)

April Program Highlights

Lunch with Nurse Steve:

"Isn't more medication better?"

Nurse Steve's talk will be "a discussion on the correct use and dosage of medication."

Menu: Baked Potato, Chili, Spinach Salad, Applesauce

Date: Thursday, April 11

Sign-up by Wednesday, April 3

Time: Noon **Cost:** \$5.00 (regular meal cost)

Nurse Steve's talk at 12:30 p.m. is free.

The Inside Scoop: Reiki 101

Reiki is a Japanese stress reduction technique that promotes the body's relaxation response and your own natural healing ability.

Learn about: Benefits of Reiki; Self-care & healthcare; Learn & experience your own natural healing energy. Presenter: Krista Hall, RN, Reiki Master, HTCP

Date: Tuesday, April 16

Time: 6:00 p.m. **Cost:** Free

Optional Fried Chicken Supper, 5:15 p.m.

\$5.00 person, reservations required

Stepping On

This high-level, evidence based program is proven to reduce falls and build confidence in older people at risk for falls. The seven week program include classroom activities, exercises, and guest speakers.

Pre-registration required.

Date: Wednesdays, starting April 10

Time: 1:00 p.m. **Cost:** Free

STEM Program

Join us for a fun interactive STEM program. ReidAnn Sever, a Hood College student, will be conducting the program.

Date: Thursday, April 4

Time: 1:00 p.m. **Cost:** Free

Dementia Live

Sign up for an insider's view of living with Dementia. Within a safe setting, Dementia Live® provides participants with a real-life simulation of what it might be like to struggle with, and live with, dementia. Greater awareness of the struggle offers insight for caregivers, family, and friends to develop caring and coping strategies.

Date: Tuesday, April 30

Time: 1:30 p.m. **Cost:** Free

AARP Driver Safety Course

This course is a classroom review of safe driving strategies. The class is offered in partnership with AARP Frederick Chapter 636. Pre-register is required. Space is limited.

Date: Wednesday, April 17

Time: 10:00 a.m.-3:00 p.m.

Cost: \$15 for AARP members
\$20 for non-members

Cash only on day of class.

Lunch: An optional box lunch for \$5 may be reserved at the senior center with 1 week notice

Maryland Relay Services

Maryland Relay provides solutions for people who experience difficulties using regular telephone. Presenter Jennifer Curran, MD Relay

Date: Wednesday, April 17

Time: 11:30 a.m. **Cost:** Free

Spring Luncheon

Celebrate Spring, Sunshine, and Flowers!

Menu includes: pork loin, green bean casserole, red skinned potatoes, fruit, and pie

Date: Thursday, April 18

Sign-up by Wednesday, April 10

Time: Noon **Cost:** \$5.00 (Regular meal cost)

(see other side for calendar of activities)